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# Latitudes

## September 2008

[HTTP://NNLM.GOV/PSR/NEWSLETTER](http://nnlm.gov/psr/newsletter)

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### Table of Contents

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1. [Older Adults and Online Health Information - A Resource for Trainers](#)
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## September 2008 Article

### [Older Adults and Online Health Information – A Resource for Trainers](#)

Posted on September 11th, 2008 by Kelli Ham | Filed under [Consumer Health](#), [Funding](#), [Outreach](#), [Training](#)


#### Older Adults and Health Information

Do you provide consumer health services and resources in your library? Specifically, are you providing health information to seniors? Many older adults are interested in finding health information on their own, but they may lack the necessary computer or Internet searching skills. If you have ever wanted to provide training to this user group, read on for some exciting news!

The National Institutes on Aging has published an excellent training toolkit that is available as a free download for trainers. [Helping Older Adults Search for Health Information Online: A Toolkit for Trainers](#) features easy-to-use training materials to help older adults find reliable, up-to-date online health information on their own. The training features NIHSeniorHealth.gov and MedlinePlus.gov, quality health websites from the NIH. The training materials are intended for both beginning students and those with intermediate knowledge of computers and the Internet.

**Trainer Flyer**


**Helping Older Adults Find Medical Information Just Got Easier**



Download the free, easy-to-use **TOOLKIT FOR TRAINERS** from the National Institute on Aging and help adults 60+ find accurate, up-to-date online health information—on their own.


- ✓ The Toolkit comes with
  - An introductory video
  - Lesson plans
  - Student handouts
  - An illustrated glossary of computer and Internet terms
  - Tips for working with older adults
  - Student recruitment flyers
  - ...and more!
- ✓ Use the Toolkit to help students
  - Build their Internet skills
  - Search websites at the National Institutes of Health for health and wellness information
  - Learn to evaluate the quality of online health information

To browse and download the free toolkit, go to [www.nihseniorhealth.gov/toolkit](http://www.nihseniorhealth.gov/toolkit)



**Student Recruitment Flyer**

**AT LAST!**  
A Class To Help You Find Health Information On The Internet




Ask about *Searching for Health Information Online—An Internet Course For Older Adults*  
DEVELOPED BY THE NATIONAL INSTITUTE ON AGING

**Learn to:**

- Build your Internet skills
- Find reliable health and wellness information from websites at the National Institutes of Health
- Evaluate the quality of online health information

For more details, check with



## **Trainer-friendly, Senior-friendly**

The toolkit materials are designed to be trainer-friendly. Each module follows the same format, describing in detail everything the trainer needs to know to deliver a successful training session. Trainers will find consistent layouts for each lesson plan, including preparation steps, scripting, time checks, helpful teaching, navigation and explanation tips. If you are considering any type of training for seniors about using computers and the Internet for health information, the Toolkit for Trainers is a must!

Additionally, the developers of the toolkit recognized that older adults and seniors have unique learning needs. If a senior is not an experienced computer user, it does little good to refer him or her to a health website. Older adults appreciate a slower-paced class, starting with the most basic of information and hands-on practice. The lesson plans in the toolkit are designed with this in mind. The modules range from the most basic of steps to advanced techniques. The toolkit is broken into 9 modules, each designed to last between 2 and 2 ½ hours. Trainers can decide if they want to teach all of the modules in order, or perhaps skip one or more of the introductory lessons depending on the experience level of their students.

## **The Training Modules**

Here is a listing of the modules and what they cover:

For beginning students with little computer experience:

*Module 1:* Internet Basics

For beginning students with some Internet experience and/or completion of Module 1:

*Module 2:* Introduction to NIHSeniorHealth

*Module 3:* NIHSeniorHealth Quizzes and Videos

*Module 4:* NIHSeniorHealth FAQs and Site Index

For beginning and intermediate students:

*Module 5:* NIHSeniorHealth and Exercise for Older Adults

For intermediate students:

*Module 6:* Introduction to MedlinePlus

*Module 7:* MedlinePlus: Drugs and Supplements, Medical Encyclopedia

## Module 8: MedlinePlus: News and Directories

For all students:

## Module 9: Evaluating Health Websites Glossary of Computer and Internet Terms for Older Adults

The modules were updated in July of 2008 to keep up with recent changes in NIHSeniorHealth.gov and MedlinePlus.gov.

### Examples



Trainers will appreciate the step-by-step lesson plans and helpful aids.

Helping Older Adults Search for Health Information Online:  
A Toolkit for Trainers from the National Institute on Aging

**CORE ACTIVITY**

**NAVIGATING A HEALTH TOPIC** (10 Minutes)

"Let's move on to **Goal 4** – learning to take an online quiz. Online quizzes are popular features on many websites. To learn how to take a quiz, we will be exploring the **Low Vision** topic."

  **1** Demonstrate as students navigate with you. From the **All Topics A-Z** page, ask students to click on [Low Vision](#). This will take them to the Table of Contents for the **Low Vision** topic.

**2** Ask them to click on: [Causes and Risk Factors](#). Read the content on the page aloud. Ask students to click on **Next Page** to move through the next several pages. Pause at selected pages to have a student read the content aloud.

**3** STOP at the quiz page.

**Don't Forget...**

- Remind students that the **Table of Contents** will shift to the left menu, but the links are still clickable.

**Purpose of Activity**

- Gives students hands-on practice clicking through the chapter of a health topic.
- Reading the content aloud lets students know if they are at the right place. It also helps keep the class together on the same page.

Students will appreciate the illustrated, easy-to-follow course materials and handouts.


*Searching for Health Information Online: An Internet Course for Older Adults*

**LESSON REVIEW** **NIHSeniorHealth Quizzes and Videos**


**1** You went to the **NIHSeniorHealth** website at [www.nihseniorhealth.gov](http://www.nihseniorhealth.gov). You learned how to go to the **All Topics A-Z** page to find health topics.

**2** You recalled how to find and select health topics from the **All Topics A-Z** page by clicking on the name of a disease or condition.

**Screen Shot 1: Home Page**



**Screen Shot 2: All Topics A-Z page**



**Your Question(s)** \_\_\_\_\_

Module 3 – Screen Shots: *NIHSeniorHealth Quizzes and Videos*  
Go to [www.nihseniorhealth.gov](http://www.nihseniorhealth.gov)  
This course for older adults was developed by the National Institute on Aging.

**S-1**

## Consider Applying for Funding

If you provide services to an older population, perhaps you've been thinking of ways to help your senior population develop skills for finding, evaluating and using health information. The idea of creating a series of training sessions can be daunting. With the Toolkit for Trainers, the hard part is already done! Also, funding such a project might be a concern or barrier. Every year, NN/LM PSR encourages applications for Express Outreach Awards for special projects. If you would like more information about Express Outreach Awards and other funding opportunities for your project idea, please visit the Funding section of our website at [nlnm.gov/psr/funding/](http://nlnm.gov/psr/funding/).

## Access to the Free Training Materials

For more information about the Toolkit for Trainers or to download materials, please visit <http://nihseniorhealth.gov/toolkit/toolkit.html>. The Toolkit fills a two-inch binder when printed, and it is helpful to place tabbed dividers between the modules. Remember to visit the site periodically to check for updates, especially if major changes occur to NIHSeniorHealth.gov or MedlinePlus.gov.

Please contact [Kelli Ham](#) if you have questions or comments about the toolkit, or if you have a special population group you are interested in reaching with health-related training sessions.